Testosterone Replacement Therapy

TRT can help alleviate symptoms associated with low t, such as fatigue, low libido, and decreased muscle mass, and to improve overall well-being.

NovaGenix

Understanding Low Testosterone (Male Hypogonadism) in Men

A frequent question we get is, "What are the symptoms of Low T?" or "How can I find out if my testosterone levels are low?" Low testosterone, medically termed male hypogonadism, is a widespread concern among men, often manifesting with subtle indications that might be overlooked. Due to the gradual onset of its symptoms, men may dismiss them as their "new normal." This condition arises when the testicles fail to generate adequate testosterone, the primary male sex hormone vital for numerous bodily functions. Its origins can vary from testicular issues or trauma to disruptions in the pituitary gland or hypothalamus. Fortunately, low testosterone can be managed effectively through testosterone replacement therapy.

Testosterone, a hormone present in both sexes, holds particular significance in males, influencing muscle development, sexual desire, and sperm production. Natural age-related decline in testosterone levels can lead to shifts in overall health. Comprehending testosterone levels and their evaluation is fundamental in addressing concerns related to this crucial hormone. Dr. Mackey, the medical director at NovaGenix Health and Wellness, frequently treats patients with low T, considering both testosterone levels and associated symptoms.

Testosterone concentrations fluctuate throughout life. Doctors typically employ a blood test to measure total testosterone levels in nanograms per deciliter (ng/dL). While most testosterone binds to sex hormone binding globulin (SHBG), a separate test measures "free" testosterone, albeit with lower precision.

Diagnosing testosterone deficiency necessitates age-specific reference ranges. Integrating these norms is vital, especially for younger men exhibiting symptoms. So, what are the sensations of Low T? What are its indicators?

What Does Low T Feel Like? Recognizing Signs of Low Testosterone:

1. **Sleep Disturbances:** Low testosterone can disrupt sleep patterns, leading to insomnia and restlessness.
2. **Changes in Sex Drive:** Reduced libido and erectile dysfunction may signal low testosterone, though other medical conditions can also contribute.
3. **Fatigue:** Persistent fatigue, leaving individuals feeling drained, is a common effect. Adequate sleep and lifestyle adjustments can help.
4. **Cognitive Impairment:** Mental focus and memory may decline, causing concentration difficulties and forgetfulness.
5. **Mood Changes:** Low testosterone can contribute to mood swings, depression, or general unhappiness. Stress management and lifestyle changes may help.
6. **Declined Work Performance:** Decreased focus, mood issues, and low energy can hinder productivity.
7. **Changes in Body Composition:** Low testosterone can lead to increased body fat and decreased muscle mass.
8. **Muscle Changes:** Reduced testosterone results in decreased muscle mass and strength, affecting exercise performance.
9. **Bone Health:** Low testosterone is linked to osteoporosis. A healthy lifestyle supports bone health.
10. **Hair Loss:** Thinning of body hair may occur.

Age	Male (in ng/dl)	Female (in ng/dl)
7–10 years old	1.80 to 5.68	2.69 to 10.29
13–17 years old	208.08 to 496.58	16.72 to 31.55

Average Total Testosterone levels in adults:

Testosterone levels evolve throughout life. Combining actual levels with a physician's assessment of symptoms helps determine low T. The ADAM test, an online questionnaire, can indicate the possibility of low T. Average testosterone levels vary widely, and multiple factors influence treatment options. Below are average total testosterone levels in males and females, with age-specific insights.

Age	Male (in ng/dl)	Female (in ng/dl)
19 years and older	265–923	15–70

Age-specific middle average levels in men:

- 409-558 ng/dL (20-24 years old)
- 413-575 ng/dL (25-29 years old)
- 359-498 ng/dL (30-34 years old)
- 352-478 ng/dL (35-39 years old)
- 350-473 ng/dL (40-44 years old)
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Abnormal testosterone levels can stem from various health issues, medications, or injuries. While low levels can affect sex drive, mood, and muscle mass, high levels can indicate underlying conditions.

Recognizing the signs of low testosterone is vital for timely intervention. Proper diagnosis and treatment can improve overall health and quality of life. Consulting a healthcare professional for accurate assessment and personalized recommendations is paramount in addressing testosterone deficiency.